

10 Lessons From Ted Lasso

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If you haven't watched the Apple TV series "Ted Lasso," you need to re-arrange your schedule and devote some time to it as it has some great leadership lessons.

Lasso, a coach of college-level American football, is unexpectedly recruited to lead an English Premier League soccer team, AFC Richmond, despite having no experience in the sport.

The show is funny and makes you feel good as Lasso and his American assistant navigate a new culture and the seemingly impossible task of coaching a sport they know nothing about. Some might view the show as overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

BE A GOLDFISH

Which is the best animal to embody when you make a mistake? The one with a memory that lasts between 5 – 10 seconds, of course. Next time you

Coaching a team of high performers will likely mean managing large egos and resolving personality conflicts. Lasso tirelessly communicates his message that the team comes first, no matter your talent or superstar status. This is probably why the head coach is called the manager in English football.

POSITIVE THINKING

Not everybody knows how to take Lasso's almost over-the-top enthusiasm and positivity, but despite their initial resistance, they inevitably develop a soft spot for him. Lasso's "can-do" attitude creates a ripple effect that raises the collective vibration around him.

HUMOR HELPS EASE TENSION

It is a comedy after all, but there is something to be said about injecting humor into a high-pressure environment at the right time, helping to ease the tension and remind players to relax and enjoy their work.

LOVE CHANGE

We don't have to be afraid of change. We need to see the positive side of it and try to find a solution that is better than what we had before — which Lasso has mastered.

Watching Lasso will make you laugh, learn and most of all think how you can adopt some of his quirky behaviors into your own leadership style.

need to shake it off and get back to optimal performance... be a goldfish.

BE AUTHENTIC

Lasso might seem quirky, weird and have strange analogies that don't translate to the English culture, but he is real, genuine and demonstrates consistent behavior.

NEVER TAKE THINGS PERSONALLY

Lasso is constantly roasted by the press and Richmond fans, but he never takes their insults personally and has complete faith in his leadership methods. Nothing will deter him.

TELL THE TRUTH TO THOSE YOU LEAD

It is painfully obvious from the outset that having uncomfortable conversations is not a strength of Coach Lasso's, which is to be expected from a man who is always so darn friendly. Despite his discomfort, he still finds the courage to have the crucial conversations anyway, because he knows they will improve the individual and serve the culture of the team.

BELIEVE

Belief can be defined as a mental attitude of acceptance of something as true. Beliefs are the core of human development and they are also what keeps us alive. They are the things that we take for granted. They influence our lives and make us who we are.

EMPOWERMENT, THEN CONFIDENCE

Empowerment and confidence are two aspects of human personality that should never be sacrificed. To achieve these, one has to learn to be patient, kind and confident. One needs to find a way to get rid of negative thinking and start focusing on the positive aspects of life.

NOBODY IS BIGGER THAN THE TEAM